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THE RELATIONSHIP BETWEEN EMOTIONAL SELFREGULATION AND INTERNET ADDICTION AMONG UNIVERSITY STUDENTS

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Background and Aim : emotional self-regulation plays an important role in addictive behaviors such as drug addiction or internet addiction that development of technology has increased its prevalence among people, especially young people. In this study, we aimed to access the relationship between emotional self-regulation and internet addiction among university students.

Methods : Method of this study was correlation .statistical population were included all students of Mohagegh Ardabili university who were studying in 93 - 94 year (2014-2015). At first they filled out internet addiction scale, then we selected randomly 100 individuals who their scores were more than norm using Krejci and Morgan table, then they filled out emotional self-regulation questionnaire .Severity of addiction and emotional self-regulation data were analyzed using SPSS software. We used mean, standard deviation and pearson correlation coefficient in order to analyzing data.

Results : results indicated that mean of internet addiction in samples was 43.12 that is slightly high. The Correlation between scores of Young internet addiction questionnaire and emotional self – regulation questionnaire's scores was $r = - 0.13$.

Conclusion : emotional self-regulation has a significant relationship with addictive behaviors so that increasing of emotional self-regulation led to decreasing risks of addictive behaviors, therefore, paying attention to emotional self-regulation is really essential for treatment of the addictive behaviors.

Keywords : Emotional self-regulation , internet addiction university students